



# The Examiner

Naval Hospital, Twentynine Palms

*"Serving with Pride and Professionalism"*

Volume 4, No. 2

February 1996

*Spotlight On...*

## 29 Palms Corpsman helps save brother's life

By Dan Barber, Public Affairs Officer  
Naval Hospital Twentynine Palms

**H**ave you ever had a seriously ill loved one whom you wished you could just magically reach out and touch to make them well again? One Hospital Corpsman here at Naval Hospital Twentynine Palms was able to successfully experience that situation recently with his brother... through the magic of a bone marrow transplant.

HN Lance Bryan, an Emergency Medical Technician in the hospital's Emergency Medicine Department was called upon by Dr. Furnam of Saint Jude's Childrens Research Hospital in Memphis, Tenn. to provide a blood sample to see if he was a possible match as a bone marrow donor for his 17-year old brother. Bryan's brother Kyle was diagnosed with acute lymphocytic leukemia in July of last year. Tests indicated that 20-year old Lance was a preliminary match for his brother.

Naval Hospital Twentynine Palms arranged no-cost TAD for HN Bryan to travel back to Memphis for further testing, as it turned out, he matched perfectly with six of six antigens, and the transplant was done. "It was a really great feeling, being able to help my brother survive a life-threatening illness, words just can't describe it," said HN Bryan.

Ironically, HN Bryan is no stranger to the Bone Marrow Transplant program. As a volunteer in drawing the blood of potential donors, he has worked with Naval Hospital Twentynine Palms National Marrow Donor

Program (NMDP) coordinator, LT Julie Woodside, NC, USN, of the Emergency Medicine Department, almost since he has arrived for duty at the hospital. "I learned, by helping my brother, that there really is a purpose for people being in the bone marrow donor program," said Bryan. "This program really does save lives," he added.

According to a National Marrow Donor Program pamphlet, "Only one in four of those who need a marrow transplant will find a matched donor within their families. The rest must search for an unrelated volunteer donor." This is where the NMDP comes in to help those people with life-threatening dis-

*See BONE MARROW on page 7*

### *First baby born at Naval Hospital in '96*



*The first baby born in 1996 at Naval Hospital arrived at 11:11 a.m. on January 1. Alicia Kuhlmann, was born to Corporal Todd and Mrs. April Kuhlmann. Alicia is the Kuhlmann's first child. The Navy-Marine Corps Relief Society visiting nurse, Lisa Geduld presented Alicia with a special gift package. CPL Kuhlmann is assigned to AAV Delta Company at the Combat Center. Looking on from left to right are, ENS Denise Garcia (front), ENS George Knapp, HR Stephanie Nerone, Mrs. April Kuhlmann, LCDR Diane Miller, Mr. Scott Dopp and Ms. Lisa Geduld.*

***The Caring Part of Curing***

*See page 2*

***Nursing Charts Course***

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***Hospital Hardchargers***

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## *Hart of the Matter...*

# 'The Caring Part of Curing'

**T**he caring and compassion we show our patients has a positive effect on their ability to recover from illness. I believe that. One hears of the placebo effect as accounting for 10, 20, or even 30 percent of the therapeutic effect of medicine or treatment. I think it's more than 50 percent! I think the caring part of curing is more important than the chemical composition of the medication.

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*A patient who has been shown respect and compassion will be optimistic about their recovery, attentive to instruction, compliant with advice, and willing to return for follow-up*

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A patient who has been shown respect and compassion will be optimistic about their recovery, attentive to instruction, compliant with advice, and willing to return for follow-up. To me these factors constitute more than half the battle in recovery from illness. A patient who feels they have been treated coldly, dispassionately, or rudely will be resentful of any advice given. Why

## *Took the oath for more...*



**RM3 Diego Lowe of MID proudly shows off his reenlistment document at a recent reenlistment ceremony.**

should a patient give credibility to advice if that patient doesn't believe you care whether they get better or not. To guide a patient to recovery from illness or to a healthier life style, the patient must, has to, believe that the care-giver cares.

When does this positive contribution to recovery begin? It begins with the patient's first encounter with the system. It begins with their call to central appointments. It begins with their sight of a clean neat building. It begins as they approach the clinic front desk. It begins when they are found "lost in the halls" and are escorted to their destination. In other words, I'm not talking about just what the doctor or nurse does. I'm talking about the overwhelming contribution to patient recovery that is made by our corpsmen, medical clerks, housekeepers, secretaries, telephone answerers, and ancillary personnel. The person most influential in the recovery of a patient could just be the person who selflessly assists an elderly patient to negotiate doors and chairs or escorts that person to a destination. One doesn't have to dispense medication or do surgery or directly attend patients, to be a major influence in the health improvement of our patients. Taken from the patient's perspective, if you work in the hospital, you are the hospital. And a caring compassionate hospital is the major part of cure.

There's another part to this "healing environment" story. And that is the importance of caring for each other. Our patients feel good if we feel good. Feeling good is a direct reflection of self-worth, self-respect, and self-esteem. We are not born with those feelings, we can only get them from others. If you appreciate the work of a co-worker, tell them. Write a thank-you note. Corny? Ask someone who has received an unexpected thank-you note if they think it's corny. Now here's the kicker, sometimes you just may have to go out of your way to bolster someone else's self-esteem. You just may have to break outside your own world to see the world of others. Go ahead, try it. Take the extra time and effort to say thank you. Take the extra time and effort to teach, to train, to advise.

I speak now to physicians primarily. We did not earn our skills and knowledge on



**Captain S.E. Hart**

our own, we were given much of what we possess by our mentors, professors, and colleagues. Often forgotten is who gave us the most. Patients have. Society allows us to refine our skills as we practice. We owe much. I challenge our physician staff to extend themselves in the teaching and training of others.

I challenge everyone to teach, train, care and show compassion for our patients and for each other. If caring is most of curing, then we will all be the beneficiaries of a compassionate, giving, healing environment. It's a reputation we have now, let's continue it in the new year.

The **EXAMINER** Newsletter is an authorized publication of the U.S. Naval Hospital, Twentynine Palms, CA 92278-8250. The views expressed in this publication are not necessarily those of the Department of the Navy.

**Commanding Officer**

CAPT. C.S. CHITWOOD, MSC

**Executive Officer**

CAPT. S.E. HART, MC

**Public Affairs Officer/Editor**

DAN BARBER

The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. All comments should be forwarded to the Public Affairs Office by the 15th of each month. The Public Affairs Office telephone number is (619) 830-2362.

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The **EXAMINER** staff would like to thank all those who participated in this edition.



## Chaplain's Corner...

# 'Love is...'

LT Samuel Ortega, Chaplain  
Naval Hospital Twentynine Palms

The holidays are briskly passing us by, and before we know it, Valentines Day will be history for the year. This month I would like to share a few thoughts about the meaning of Love. There are many individuals in search for it without knowing what they're looking for. As the days go by some individuals get married for all the wrong reasons, thinking it was love. Ask yourself, 'what is love?' Then read the rest of this article and see if you have an accurate concept of love.

In Webster's Dictionary, "love is an intense affection for another person based on personal or familial ties." This sounds deep. An 'intense affection' still doesn't give us a complete understanding of what love is. There is another place we can go to find the meaning of love. We must go to the place where love began thousands and billions of years ago, out in the corners of the infinite universe. Love cannot be better defined and manifested by anyone else but the author of love, and this is God.

The scriptures say, "He that loveth not, knoweth not God; for God is love" (1 John 4:8). Therefore, by knowing God we can describe love. The apostle Paul, after building his relationship with God said, "Love suffereth long, and is kind; love envieth not;

love vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth" (1 Corinthians 13:4-8). These are some of God's traits as He relates to man. Scan these verses very carefully, and see if truly it is love you have for that special person in your life.

Love is a very powerful and valuable possession. It is worth more than all the diamonds and gold in the universe. It is not feeble and cheap as the world tries to explicate it. The Lord is the originator of true and selfless love. His love is able to withstand many difficult and trying times. Looking at the way He loved and cared for the

Israelites reveals to us His unconditional love. He never rejected them. Many of us would have given up on them. But His love is from everlasting to everlasting.

How can we acquire God's unconditional and everlasting love? In order to possess it, we must receive it from Him. We receive His love by receiving the gift of eternal life. By going through this experience we will begin to understand and appreciate His love. And by understanding and appreciating it, we are now qualified to love others.

Sharing our love with others is such a blessing. When someone tells you, 'I love you,' how do you feel? It feels outstanding! Well, on Valentines Day and everyday, tell someone that you love them and fill their life with delight. It doesn't cost one cent to give or receive it. May your Valentine always be your Valentine.

## Nursing Directorate charts course for '96

The senior nursing leaders, under the guidance of Captain Elizabeth Kozero, Director, Nursing Services, have formulated their goals for 1996. Each department head, the Clinical Consultant and the Discharge Planner/Patient Educator were tasked with developing goals for their department or areas of responsibility. The department heads met with their divisions officers and drafted their departmental goals. Utilizing one of TQL's Seven Management and Planning Tools, the senior nursing leaders were able to take everyone's input and formulate the directorate's final six goals.

The Affinity Diagram proved to be a most useful tool in arriving at the final six goals. Each of the goals developed by the departments, the Clinical Consultant and the Discharge Planner/Patient Educator were transposed onto those wonderful 3 X 5 yellow stickies, about 45 in all, and papered the wall in the Command Conference Room. After the silent grouping exercise part of the affinity diagram, and the drafting of header statements, we had the framework for our goals and objectives for 1996.

I would like to share with you our six goals and some of our objectives.

- **Improve the patient care environment.**
  - Redecorate all the patient rooms on the Maternal/Infant Ward to create a "homey" environment.
  - Establish a separate room for the PACU/SDS Waiting Room.
- **Redesign Women's Health Programs to increase patient involvement and sat-**

isfaction.

- Research and develop a Home Visit Program for postpartum patients.
- Implement a teenage women's health issues program.

• **Improve competencies through education.**

- Implement a formal Preceptor Program and establish the program throughout Nursing Services.
- Develop and implement a valid Competency Assessment Program.
- Establish a formal cross training program in the Family Health Nursing Department.

- 90 percent of the Maternal/Infant Ward staff will be cross trained and competent in four months and the Labor and Delivery staff will follow in six to eight months.

• **Implement Performance Improvement philosophies and principles throughout Nursing Services.**

- Increase communications with our beneficiaries to identify their needs and services desired.

- Develop and implement outcome based performance indicators in each area.

- The Perinatal Education Performance Improvement Team will complete its journey and implement its recommendations.

• **Increase operational readiness.**

- All nurses will know their contingency assignment.

- All nurses will be C-1 or C-2 in all respects.

See NURSING on page 6.

## Navy Achievement...



Just prior to his promotion LCDR Steven Robinson, Head, Physical Therapy Department, receives a Navy Achievement Medal from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.

## 'Catastrophic Cap' reduced for non-active duty Prime enrollees

Effective Nov. 1, 1995, the "catastrophic cap" on most medical expenses for other-than-active-duty enrollees in the Defense Department's TRICARE Prime managed-care plan went from \$7,500 per fiscal year down to \$3,000 per 12-month enrollment period.

This means that, from the day they enroll in TRICARE Prime (DoD's HMO-type option for health care), for the next year they'll pay only a maximum total of \$3,000 for Prime enrollment fees, inpatient and outpatient cost-shares, and co-payments for such things as visits to the doctor. After the \$3,000 threshold is reached for these costs, enrollees will owe nothing more for care received through the Prime network of providers of care until a new enrollment period begins.

Non-active-duty TRICARE Prime enrollees who get care outside the Prime network (such as getting care under the "point-of-service" option, in which a Prime enrollee may choose to go directly to a non-network pro-

vider for treatment; or care received by an enrollee when he or she is referred by a Prime network provider to a provider who isn't part of the TRICARE network) will have their costs for such care counted against the standard \$7,500 cap (but not against the \$3,000 cap) throughout the government fiscal year (Oct. 1 through Sept. 30).

For non-active-duty CHAMPUS/TRICARE eligible persons who are not enrolled in TRICARE Prime, the limit (or cap) on how much they'll have to pay in any one fiscal year in cost-shares and deductibles for care under CHAMPUS/TRICARE remains at \$7,500. In families who don't have everyone enrolled in TRICARE Prime, the members who aren't enrolled will accumulate amounts toward the \$7,500 fiscal year cost cap, while the enrolled members accumulate amounts toward the \$3,000 enrollment period cost cap. In addition, any of the \$3,000 that's accumulated during a given fiscal year will also apply toward the family's \$7,500 cost

cap for that fiscal year.

Non-active-duty CHAMPUS/TRICARE eligibles who disenroll from TRICARE Prime will return to the fiscal year cap of \$7,500. Except for the TRICARE Prime annual enrollment fee, the amount paid toward the \$3,000 cap will be credited to the fiscal year \$7,500 cap.

Active-duty families have a cap of \$1,000 per fiscal year on their out-of-pocket expenses for care under CHAMPUS/TRICARE. If these family members are enrolled in TRICARE Prime, their cap costs accumulate throughout the enrollment period, starting over again when a new enrollment period starts.

For all eligible persons, medical bills that are in excess of the CHAMPUS/TRICARE allowable charge, or costs for care that isn't covered in CHAMPUS/TRICARE, don't count toward any of the cost caps.

## Things to do Around Town In February...

Feb. 3 -- **Annual Gala Dinner and Truck Giveaway:** Blessed Sacrament School fundraiser. An evening to remember. 6755 Sage Ave., 29 Palms. 367-3341.

Feb. 4 -- **Art Show reception, Twentynine Palms Art Gallery:** 1 - 4 p.m. Artists Dorr Bothwell, Margaret Barron, Julia Miller, Cactus Sewables Quilt Guild, Dick McIntosh Rocking Horses. Artists showing through February 25. 74055 Cottonwood Drive, Twentynine Palms. 367-7819.

Feb. 4 -- **Art Show Reception, Monument Galleries, Joshua Tree.** 1 - 4 p.m. Art by Barbara Malin (on display through February) Monday - Saturday 10 a.m. to 5 p.m. Monument Galleries, BbarG Framing, 61864 Division, Joshua Tree. 366-3799

Feb. 10 -- **Talents & Treasures of 29 Palms Auction:** By Friends of the Library & Z107.7 at Smith's Ranch. Live and silent auction. Proceeds benefit Twentynine Palms Library. 367-9135.

Feb. 10 -- **"Sounds Original"** concert by Sounds of Music at Hi-Desert Playhouse. Sat. 8 p.m., Sun. 2:30 p.m. 61231 Twentynine Palms Hwy., Joshua Tree. 366-3777.

Feb. 18 -- **Free Singalong by Sounds of Music** at Hi-Desert Playhouse. Sunday 2:30 p.m.

61231 Twentynine Palms Hwy., Joshua Tree. 366-3777.

Feb. 23 -- **Gallery Birthday,** 29 Palms Artists Guild. Black & White dinner, 6:30 p.m. Info: V. Bridge, 367-4106.

Feb. 25 -- **Annual Fashion Show,** Soroptimists International of Twentynine

Palms. Contact Maddy Barkely at 367-9521. **Valentine's Box Social,** Old School House Museum. 29 Palms Historical Society. 6760 National Park Dr., Twentynine Palms. 367-2366.

*Editor's Note: Reprinted from The Sun Runner Magazine with permission*

### Top performers...



*LCDR Cary Ostergaard, Officer of the Year; LT Sarah Schulz, Officer of the Quarter; HM2 Jamano Price, Senior Sailor of the Quarter; HM3 Ricardo Romero, Sailor of the Quarter; and Mr. Wayne Menard, Senior Civilian of the Quarter.*



## Letters...

### Above and beyond

Dear Captain Chitwood,

As one of the providers at Naval Hospital, Twentynine Palms, I know that the care we render our beneficiaries is above what is expected by our patients. But the real cohesiveness and family-style love amongst our personnel surfaced very clearly when I became one of the recipients of our own medical care. Because of their deep concern for my life, LCDRs Satonik and Sleichter "yelled at me" when I was delayed in coming to the Emergency Room after I phoned them that I might be having anginal attacks. They had the oxygen, medications and intravenous set-up waiting for me,... and two Corpsmen ready to drive out to find me on the road had I not shown up any sooner. LCDR Satonik and CDR Horner wasted no time in locating my cardiologist at Naval Medical Center, San Diego to discuss clinical findings and further manage my condition. Mrs. Mary Fernandez, LTJG Ohmes and the rest of the staff at MSW made certain that my stay there was as comfortable as any patron could expect at a first class hotel. Mrs. Elaine Grossman saw me and promised to help set up special, palatable recipes to control my serum cholesterol levels. With genuine concern and heartfelt support, several members of our staff stopped in to offer assistance as well as encouragement.

The ambulance ride to Balboa was, well, "different." In spite of ENS Kearney, HN Croft and LCPL Perez's efforts to make it as comfortable as possible, it was not limousine transportation. But the discomfort of the ride to Naval Medical Center, San Diego was more than overshadowed by the concern, outstanding personalized care, efficiency and level of clinical expertise that I received from the real "pride of Navy Medicine." I was the first of four cardiac catheterizations they did on 4 January 1995. I cannot thank CDR Harrington, LCDR Pierson, LTs Taylor and Ridge and the entire 4-West staff enough for their specialized and most personal care.

With the diagnosis from Dr. Pierson that my coronary artery condition has really not worsened since 1993 and that nothing more than medications, diet and exercise will be needed to get me back on track, I am ready to rejoin our professional "family." Carolyn and I are extremely grateful for our staff's extraordinary love and concern, which we

will remember for the rest of our lives.

Very respectfully,  
CAPT U.R. Limjoco, MC, USNR

### Recommend an award

Dear Captain Chitwood,

I sincerely recommend that HA Diaz receives an award for the outstanding performance of her duties while assigned to the Maternal Infant Ward of the Twentynine Palms Naval Hospital. The award that I would like to recommend is a Navy Achievement Medal. The recommendation for the award could include the information given in the following paragraph:

HA Diaz performed her duties in an exemplary manner during the period of 6 Dec 95 to 9 Dec 95. She went above and beyond the call of duty to ensure her patients' comfort and security. Her concern for her patients was evident in all the tasks she was asked to perform. HA Diaz instantly saw to any needs or desires of her patients. She showed genuine concern for all of the people placed in her charge. She went out of her way to make the mothers and newborns on the Maternal Infant Ward feel safe, secure and loved. Her professionalism and dedication to duty are a great credit to her and reflect the high ideals of the Twentynine Palms Naval Hospital and are in keeping with the lofty standards of the United States Naval Service.

I would like to extend to you my appreciation for the Naval Hospital staff.

M.D. Hartman  
SSGT USMC

### A great class!

Dear Captain Chitwood,

My wife Margaret and I recently were students in the "Healthy Pregnancy, Healthy Baby" class sponsored by the American Red Cross and taught primarily by Lieutenant Commander Ruth Longenecker and Lieutenant Louise Hammonds.

LCDR Longenecker and LT Hammonds taught an outstanding series of five classes at the Naval Hospital. Every class was informative, well-prepared and organized. Margaret and I feel as prepared as we can be for the birth of our first child.

I was most pleased with the genuine care and concern given to all students in the class. I was also impressed with the Naval Hospital's facilities and staff members on the labor and delivery deck.

My sincere appreciation goes out to those who were involved in teaching and preparing the class. Special thanks are owed to

LCDR Longenecker and LT Hammonds for their untiring efforts in both teaching and administering the class. Well done!

K.D. Gustafson  
Installation Law Attorney

### Superb job

Dear Captain Chitwood,

I would like to inform you of the absolutely superb job that your Sailors did in the course of my knee operation. Headed by Dr. Koskella, on 1 December of 1995, I was operated on for a long standing knee problem. I cannot tell you just how impressed I was by the professionalism and ability of the hospital personnel. From the operating room to the recovery room and the ward I was admitted to, I was treated with courtesy, professionalism and a relaxed sense of confidence that was extremely calming. I didn't plan on enjoying myself during a medical procedure, but I can honestly say that I truly enjoyed my entire stay, and that the entire staff that I came into contact with were pleasant to be around. I don't pretend to be an expert on Naval Hospitals, but I for one was truly impressed and grateful for the tremendous job that your Sailors and civilians did for me.

Respectfully submitted  
John T. Smith  
GYSGT USMC

### Gold Star...



Ensign Rizanni Paraiso receives a Gold Star in Lieu of a Second Award of the Navy Commendation Medal from Captain C.S. Chitwood, Commanding Officer Naval Hospital Twentynine Palms.

## Civilian Employee Christmas Party...



Some of the hospital's Civilian Employees got together for a group photo opportunity during December's Christmas party. Even Santa got into the picture.

## Fair Winds and Following Seas...



LT Vickie Weaver presents a before and after photo of Naval Hospital Twentynine Palms to LTJG Adrienne Patterson as Captain Chitwood looks on.

## Nursing

*Continued from page 3.*

- Increase the efficiency of our resource management, and match the manpower resources to the patient needs.

- Establish and maintain valid workload data.

- Determine required staffing on the Multiservice Ward based on valid data and adjust staff accordingly.

- Increase the number of nurses in the Emergency Room to provide two per shift.

- Assign a third nurse to the Family Practice Clinic.

Our goals fit very well into the Strategic Goals of the Command which encompass delighting our customers, supporting and promoting readiness, facilitating effective communication and marketing, fostering personal and professional excellence, using sound business practices, embracing TQL and making Twentynine Palms a great place to live and work.

Our goals also align quite well with the Nurse Corps Strategic Goals of supporting and contributing to operational readiness, our practice being customer-focused, Nurse Corps officers actualizing the leadership qualities that epitomize excellence, having access to quality education and training to

*Continued on next page.*

## Will be missed...



LTJG Tiffany Monaco, the hospital's Staff Civil Engineer, receives a Navy Achievement Medal from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms upon her transfer.



## Nursing

*Continued from previous page*

foster personal and professional excellence, and participating in the resourcing process.

And of course our overarching goals, the goals of Navy Medicine, Readiness, People, Technology, Stewardship and Health Benefit, set our course and are our guiding compass. I believe we are on "course with Navy Medicine". All of our goals, Nursing Services, the Command, and the Nurse Corps, come together and move the compass so that it is ultimately pointing to "True North", which is Readiness.

## Bone Marrow

*Continued from page 1*

eases. The NMDP is a network of donor centers, such as Naval Hospital Twentynine Palms, which recruit and educate volunteer donors; transplant centers which care for the matched donors and recipients during the collection and transplant; collection centers which are hospitals that meet the NMDP's standards for marrow collection; and recruitment groups which assist the NMDP in educating and recruiting new volunteers. Volunteer donors join the National Registry of Marrow Donors through a donor center. Once a volunteer donor gives up a little blood, that volunteer is added to the registry of volunteers willing to donate marrow to patients with life-threatening diseases.

Since the first marrow transplant in 1968, this treatment has grown to help patients with leukemia, aplastic anemia and more than 60 other fatal illnesses. According to the NMDP, the long-term survival rate without a marrow transplant for some patients is only 0 to 15 percent.

With a transplant the rate averages 30 to 40 percent and can be as high as 80 percent, depending on the disease and the patient's health before the transplant.

HN Lance Bryan's brother, Klye, is doing well right now, thanks to a successful marrow transplant. The Navy recently arranged for Lance to be transferred to Naval Hospital Memphis through a humanitarian transfer to be closer to his brother if needed. HN Bryan will be sorely missed here at Twentynine Palms, but to borrow from a cliché, Twentynine Palms' loss is Memphis' gain.

For more information on the National Marrow Donor Program, contact LT Julie Woodside at 830-2354.

## Hospital article selected for OASD-HA Home Page

An article titled "A Resourcing Decision Model for Military Hospitals" was recently selected for inclusion on the Assistant Secretary of Defense for Health Affairs Internet Home Page.

The article written by Naval Hospital Twentynine Palms Executive Officer Captain Steven E. Hart, MC, USN is a study, as the title indicates, on making decisions for military hospitals in today's environment of managed care.

The URL address to access the article on the OASD-HA Home Page is: <http://www.ha.osd.mil/main/hartdoc.html>.

## Examiner Want Ads

### House For Sale/Rent: Yucca Valley.

1,634 Square Feet, open floor plan, wood stove in living room. Central Air/Heat plus swamp cooler. Large 3 bedrooms, 1-3/4 baths, large fenced corner lot, Rose garden/fruit trees. Two car garage. Friendly Hills School District. Assumable Cal Vet Loan. Contact Joy Heasley in the TRICARE Office at 830-7561 DWH or 365-3545 AWH.

**Wanted:** Reasonably priced piano or full-sized electric keyboard for two future musicians! Contact Joy Heasley in the TRICARE office or call 365-3545 after working hours.

**House For Rent:** 29 Palms, 9 years old, Home Security System w/24 hour central monitoring paid for by owner. Gas heat, Swamp cooler, A/C in master bedroom. Wood burning stove in living room. Two car garage. Fenced in back yard. \$475/month. Contact Anne at 367-4742 or Judy Pattison (mention Examiner ad) at Plaza Realtors at 367-5839.

1990 Geo Prizm Lsi. Must sell! \$5,000/OBO. Call Anne at 367-4742.

**For Sale:** IKEA Entertainment Center, solid pine, fits 27" TV, VCR, stereo, and books. Great Condition! \$200. Call 368-0185.

**For Rent:** 2 BR/2 Bath, Fenced yard,

washer/dryer, D/W, Stove, Refrig., Trash/Water paid. Excellent condition. \$425 month plus security deposit. Call 367-1459

**'69 VW Bug:** For Sale--Has new engine, trans, paint, interior, Centerline rims and more. Asking \$2,300. Call 367-7929.

**1984 Mustang Convertible.** 5.0 GTO High Performance (needs cosmetic attention) \$3,400. Black with black top. This machine is seen in the hospital parking lot. Call Ruth at ext. 7544 or AWH at 369-1606.

**For Sale:** One owner home, 7 years old in Joshua Tree. 2 bedroom, 1 bath 920 square feet. Fenced back yard, swamp cooling, 2 car garage with spare bedroom/office.

Assumable VA loan. \$59,000 or \$5,000 down and assume loan. Contact HM1 Deluna at ext. 2526 or home at 366-8192.

**For Sale:** 386 SX-16 Desk Top Computer system. Price negotiable. Call 830-2250.

*Write up what you want listed in your ad (please keep it as brief as possible to allow participation by others, space is limited). Ads cannot be business related. For more information on how to get your ad listed here, call the Public Affairs Office at x2362.*

## An honorary 'Desert Rat'...



*At a recently ceremony at Military Sick Call CDR R.E. Connors, presents an Honorary Desert Rat Certificate to HN Eric Lenox upon his transfer.*

## Naval Hospital Twentynine Palms Hard Chargers



*HM3 Terry Walker receives a Letter of Commendation and an Honorable Desert Rat certificate upon his transfer, from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.*



*HM1 Salvador Fajota receives recognition for a job well done from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.*



*HM3 Robert D. Crain receives a Certificate of Commendation from Captain Chitwood.*



*HN Mathew Berner receives a Letter of Appreciation from Captain Chitwood.*



*LCDR Brad Armstrong gets his new shoulder boards from his wife and Captain E.K. Kozero, Director for Nursing Services.*



*CDR Steven Robinson get his shoulder boards "installed" by his daughters.*



*LCDR Cary Ostergaard gets his new shoulder boards from his wife, LT Lillian Ostergaard and his boss, Captain J.N. Ragan, Director for Medical Services.*



*HM2 Celso Matias of the hospital's OR receives special recognition, for a job well done, from Captain C.S. Chitwood at a recent awards ceremony.*